

## Large Group Handout - Between Your Ears What Do You Believe About YOU (Part 1)?

*2.3.21 Middle School*

*2.10.21 High School*

### Lesson Overview

How do you know if you truly matter? Who defines your value? Why does it even matter? Oftentimes, we allow the world to define our value, specifically with our appearance, performance, and popularity. But what happens when we don't measure up to the world's standards? Does it mean we're worthless? Tonight Bret looks at three key lessons we need to learn when it comes to our value:

1. The world can't define your value, because you won't measure up.
2. You feel like a nothing because Satan told you that.
3. You are wonderfully made, and your value comes from God and God alone.

### Discussion Questions

1. When the world defines our value, it looks at our appearance, performance, and popularity. In what ways have you allowed appearance to define your value? Performance? Popularity?
  - Which one do you seem to struggle with the most? Why do you think that is?
2. Hand out the worksheet to your students. (There will be printed ones in your small group rooms.)
  - Walk through the first 2 columns together as a group.
  - Read Ephesians 1:4-14 & 2:1-20 together, and complete the rest of the chart. Feel free to utilize smaller groups or pairing students up to work on this part, if you feel it would create better participation.
  - The point of this is to get students to understand that what they believe about themselves determines how they feel, which determines how they act. And when we have an accurate view of who God says we are, we live a more fulfilling, purpose-driven life, not controlled by the world around us.
  - Encourage students to share which one of these lies they tend to believe the most. Leaders, be open about your answer to this question, too!
    - Now each person take a notecard, and write out a verse that contradicts that lie. Encourage your students to keep this in a spot they will see this. Discuss the importance of memorizing scriptures like this.